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FOOD VIEWS in the NEWS

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U.S. DEPARTMENT OF AGRICULTURE

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To Food Editors of Western Dailies

San Francisco, California
September 2, 1944

**********GOOD FOOD ON THE JOB
HOW LARGE IS A PORTION
AMERICAN LARDER FOR SEPTEMBER**********

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GOOD FOOD ON THE JOB

Here are some true stories that tell just how important good food is to our war workers, how it cuts absenteeism and turnover in war plants in half.

About a year ago the Issacson Iron Works in Seattle, Washington, was having difficulties with rapid labor turnover and absenteeism. So the company built and equipped a modern cafeteria. Soon after the cafeteria was opened, approximately 95 percent of the employees were eating there. The labor turnover the month before the cafeteria opening was over 12 percent, and 6 months after the opening, it was down to less than 6 percent. Absenteeism since the opening dropped from 9 percent to about 4 percent.

Recently in another part of the country, one hundred men from various war plants were nutritionally rehabilitated. These men were previously unable to work because of nutritional deficiencies. All except one of these men returned to work, and that one man joined the armed forces. One of the group was brought to the clinic in an ambulance. After a couple of weeks of diet and vitamin therapy, there was a definite improvement, and within three months this man was working 6 days a week. Throughout the next year, he was on the job every day.

It was found that poor food habits were one of the factors causing the illnesses of these men. Recently, a nationwide check up of daily diets was made, showing neglected part of diets. Of the people questioned, almost half of them had eaten no foods from group two of the basic seven the day before. And over one-third of them had neglected dairy products.

As September is Nutrition Month, special effort is being made to urge better breakfasts and better lunches for workers. Why don't you suggest to your readers that they make surveys of their families' dietary habits? As was indicated in the nationwide survey, vitamin C was one of the most prevalent dietary deficiencies. And of course, this defi-

ciency can be cured by eating tomatoes, oranges, grapefruit and raw cabbage. One orange, half a grapefruit, or 10 ounces of tomato juice for breakfast will start the day with one-half of the daily vitamin C requirement. Strange as it may seem, a survey made right in the Citrus Belt of California showed that about 2/3 of the people had not eaten citrus fruit or tomatoes once a day. Almost 1/4 of them had neglected these foods for a week or more.

Vitamin C is only one of the weak spots in the American diet. Homemakers and dieticians have to plan good nourishing meals, and also teach everyone to eat them. Many are following the WFA Basic Seven Food Chart. By eating sufficient quantities of food from each of these seven groups, a person will have a balanced diet. In order to encourage workers to eat balanced meals, the dietician of the R.J. Reynolds Tobacco Co. in North Carolina is offering vegetables and a variety of salads for 5 cents, and a low-priced well-balanced special lunch. In addition, she has been carrying out a schedule of weekly classes for lunchroom supervisors and cooks. She's planning another educational program for employees which should result in more nutritious lunches.

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HOW LARGE IS A PORTION?

September is both Nutrition Month and back-to-school month. The two go well together because a good school lunch means better all around nutrition for boys and girls.

Schools which are to receive federal aid from the WFA for their lunch programs must meet certain requirements. You'll notice their requirements are, in reality, just safeguards. One of these requirements is that the lunch served supply a generous portion of the child's daily food needs.

The foods may be prepared in many different dishes and menus. However, to secure the maximum rate of assistance - 9 cents per meal per child - each pupil must be served the following amounts:

1. One-half pint of whole milk as a beverage.
2. A protein food such as 2 ounces of meat, poultry, cheese, fish, or one egg; or one-half cup of dry peas, beans or soybeans; or 4 tablespoons of peanut butter.
3. Three-fourths cup of vegetables and/or fruit.
4. One or more slices of bread or muffins or other hot bread made of whole-grain cereal or enriched flour.
5. Two teaspoons of butter or fortified margarine.

For additional information on obtaining federal assistance for School Lunch Program, write to the Office of Distribution, War Food Administration, Room 700, 821 Market Street, San Francisco, 3, California.

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THE AMERICAN LARDER FOR SEPTEMBER

With the emphasis on good nutrition this month, the American homemaker will find the food supply situation most promising.

The fall run of cattle is just beginning. While the total number of cattle sent to market will be larger this month, the supplies of beef for civilians will be slightly lower. The shortage of high grade cuts will be more pronounced, but there will be more low-grade beef. Veal will be more adequate than during August, while lamb continues at the same level of supply. There may be slightly more pork for civilians than last month, but we'll still be short of pork chops, loins and hams. Sausage, variety meat and canned meats will be in fairly good supply.

Dairy products in general will be fairly tight because of the seasonal decline in milk production. There will be less butter and evaporated milk for the month ahead than for the past few months, though about the same as in August. The cheese supply will be unchanged. Top grade eggs will be less plentiful, but there will be adequate supplies of the B and C grade eggs.

As for fresh produce, there will be plenty of potatoes, onions and locally grown vegetables. The apple crop looks good...about 41 percent larger than the small yield of last year.

The supply of canned fruits and juices for the coming year will not be any bigger than in 1943 - perhaps less. Canned pineapple, peaches, pears and fruit cocktail will be in shorter supply, but this cut will be somewhat offset by increases in the minor fruits and juices. Canned vegetable supplies, barring unexpected changes, will be about the same as last year. However, some of the major items, such as canned tomatoes and tomato juice will be in shorter supply. Canned baby foods, soup and baked beans are expected to be more plentiful.

As for the dried foods during September.. there will be no increase in the supply of dried fruits as the new pack has not yet reached retailers. There will be an ample supply of dry beans for civilian distribution during the coming year, although only small quantities from the new crop will reach distributive channels in September.

Grains are a basic food and the supply is such that all civilian demands can be satisfied. That means plenty of bread, cereals, macaroni, and paste products.

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U.S. RICE ON THE WORLD MARKETS

The United States is producing rice crops of record-breaking size. And what's more, we're shipping rice to countries now that used to depend on Burma, Thailand and Indo China.

The greater part of the rice grown in the U. S. continues to go to Cuba, Puerto Rico and Hawaii, for these countries were our major rice customers even before the war. Our new outlets since the war are the United Kingdom, Russia, West Africa, Greece, and the liberated areas in France. While our shipments can't fill all demands from these countries, they are tiding the people over until the Burma area can be reopened.

Most of the rice produced in this country is grown in Louisiana, Texas, Arkansas and California. Rice is harvested after the middle of the summer, and is available on markets throughout the year. The southern rice crop begins to come to the mills during late August. The marketing year for California rice begins October 1. The southern and California crops this year are estimated to be over 70 million bushels, compared with about 50 million bushels for the 10-year average (1933-42).

Rice is one of the international foods for which people have developed strong national tastes. The cook book of almost any country has rice dishes seasoned to suit the natives of that particular part of the world. In the U. S., rice is consumed in large quantities by the people of the southeastern coastal plain, in the producing areas and by persons of Oriental or Spanish-American ancestry. For the past ten years, the average annual consumption of rice in the U. S. has been about 6 pounds per person. On a state basis, the use of rice ranges from less than one-tenth of a pound in New Hampshire and Vermont, to 25 to 30 pounds in South Carolina and about 40 pounds in Louisiana.

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KNOW YOUR ONIONS

The cry for more onions was so strong last year that onion growers are promising a record-breaking crop this fall. It is estimated at 51 percent greater than last year's crop, and 47 percent above the 10-year average (1933-42).

The greatest expansion in acreage and production has taken place in the western states where this year's production is at least 2 and 1/3 times as big as average.

In asking your readers to help move the supply by encouraging greater consumption, tell them to select bright, clean, hard onions with dry skins. Moisture at the stem end may indicate decay at the heart of the onion.

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MARKET PANORAMA

SEATTLE

BEST FRUIT BUYS.....Apples and peaches (lower)
IN MODERATE SUPPLY.....Cantaloupes and watermelons
IN LIGHT SUPPLY..... Oranges
BEST VEGETABLES BUYS...Beets and snap beans. Celery and tomatoes (lower)
IN MODERATE SUPPLY.... Onions (lower). Corn (higher). Peas, carrots, cauliflower, lettuce and potatoes.
IN LIGHT SUPPLY..... Cabbage

PORTLAND

BEST FRUIT BUYS..... Peaches (peak season - prices down - canning time is here). Bartlett pears (canning season from now until late September).
IN MODERATE SUPPLY.....Plums and late summer apples
BEST VEGETABLE BUYS....Snap beans, corn and cucumbers (canning season now on)
IN MODERATE SUPPLY.....Tomatoes (may be a temporary shortage)

SAN FRANCISCO

IN MODERATE SUPPLY.....Apples, oranges and watermelons. Peaches (slightly higher). Cantaloupes (lower)
BEST VEGETABLE BUYS....Corn (slightly lower). Tomatoes
IN MODERATE SUPPLY.... Snap beans and celery (slightly higher). Cauliflower (slightly lower). Peas, beets, cabbage, carrots, lettuce and onions.
IN LIGHT SUPPLY..... Potatoes

LOS ANGELES

BEST FRUIT BUYS..... Plums. Bartlett pears (slightly lower). Watermelons. Cantaloupes (lower)
IN MODERATE SUPPLY.....Brunswick figs (slightly lower). Peaches (season past its peak). Gravenstein apples, grapes, nectarines, oranges, lemons.
IN LIGHT SUPPLY..... Kadota figs (high). Grapefruit.
BEST VEGETABLE BUYS....Onions and bell peppers (lower)
IN MODERATE SUPPLY.....Tomatoes, potatoes, snap beans, and celery (slightly higher) Corn and bunched vegetables (slightly higher). Italian, white summer and yellow crookneck squash (higher). Lettuce (ceiling). Eggplant, and sweet potatoes. Peas (best quality at ceiling)
IN LIGHT SUPPLY..... Cauliflower (higher)

WAR FOOD ADMINISTRATION
Office of Distribution
Marketing Reports Division
821 Market Street, Room 700
San Francisco 3, California
Western Region

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U.S. DEPARTMENT OF AGRICULTURE

HIGHLIGHTS FROM MARKET NEWS REVIEWS
Weekending September 9, 1944

FRUITS AND VEGETABLES:

Onions: September and October are the late onion crop harvest months. Present indications point to a 9,565,000 sack crop from eight western states, a 46 percent increase over 1943.

The average daily carlot movement of onions from the eight states has been 81 cars during the last week. During the previous week the average daily movement was 63 cars.

Reports from some eastern and middle-western states indicate there may be a reduction in the late onion crop in those states as the result of both dry weather and thrips damage.

Prevailing onion prices this week and last on Pacific Coast wholesale markets.

Variety 50 lbs.	San Francisco this wk	San Francisco last wk	Los Angeles this wk	Los Angeles last wk	Portland this wk	Portland last wk	Seattle this wk	Seattle last wk
Globes white	$2.50 - $2.75		$2.00 - $2.00		$2.50 - $2.59		— - —	
yellow	2.25 - 1.75		— - —		1.85 - 2.00		— - —	
red	1.65 - 1.25		— - —		— - —		— - —	
Red Flat	1.25 - 1.25		1.15 - 1.15		— - —		— - —	
Torpedo	1.00 - 1.50		1.50 - 1.50		— - —		— - —	
White Spanish	— - —		1.75 - 2.00		— - —		$2.25 - $2.50	
Yellow Spanish	— - —		1.15 - 1.15		— - —		1.75 - 2.00	

Tomatoes:

Harvest of canning tomatoes is now under way, notably in California where there is an estimated 130,000 acres intended for processing. The California acreage for 1943 was 112,000 acres, 86 percent of the 1944 crop. Colorado and Utah are adding 5,900 and 8,100 acres each, making a total of 144,000 for the western states out of the U.S. total of 605,650 acres.

Tomatoes for both home canning and fresh consumption are now in plentiful supply on all Western Region markets at prices ranging from $1.00 per lug of loose-pack stock to $3.00 for packed and wrapped stock. Ordinary stock was mostly quoted at $1.50 to $2.00 per lug, while overripes ranged from 50 cents down to 25 cents per lug.

Sweet Corn:

The four Western wholesale markets reports plentiful supplies of sweet corn at prices averaging mostly around 35 cents per dozen. Some were reported as high as 55 cents and some as low as 24 cents per dozen.

(Over)

In San Francisco and Oakland the trucked-in movement of corn has averaged 2500 to 3000 packages daily, and in Los Angeles around 10,000 packages daily, a 30 to 40 percent heavier movement than last year on that market.

Potatoes: A recent light frost in the Klamath area was instrumental in slightly advancing the harvest period in that section. The frost "burned" potato tops and checked growth sufficiently to hasten ripening of potatoes so that they might be dug earlier than previously planned.

Carlot movement of potatoes from the western states has averaged approximately 300 cars daily during the past week. Total U.S. movement has been slightly over 600 cars daily.

U.S. No. 1 long Whites of San Joaquin, Tehachapi and Washington origin closed the week on the western markets at $3.65, $3.70 and $3.50 per cwt. respectively.

Sweet Potatoes: The first sweet potatoes from California this season were reported on the Portland wholesale market August 28 and sold at 8 - 3/4 and 9 cents per pound. They sold there at the close of this week at 9.2 cents per pound. On the San Francisco and Los Angeles markets they sold at 6 to 8 cents per pound.

Apples: Although the apple crop for 1944 is estimated at 125,643,000 bushels, 142 percent of the 1943 crop, only 2128 cars of apples have moved interstate to date this season. This amount is less than half of the carlot movement last year to the same date. During the past week California shippers have moved but 33 cars, bringing the total this season up to 872 cars, about 75 percent of the number for the same period last year, reflecting in part California's short crop which is about 71 percent of the 1943 crop.

Gravenstein apples sold at the close of the week on a range of from $2.25 to $3.50 per box on the western markets and were in light to moderate supply.

Pears: Total movement of pears this season is about 85 percent of the movement in 1943 for the same period and they are now going to wholesale and processing points at a daily average of 183 cars.

Prices on the wholesale markets closed the week at 7 to 9 cents per pound for packed Bartletts.

Peaches: Processors, to date this season, have taken 870 cars of California peaches, equal to the number taken by them for the same period last year. Colorado is the heaviest peach shipping state at present, moving an average of 209 cars daily.

Wholesale prices ranged from $1.00 to $2.35 per lug for both "clings" and "frees", with "frees" going mostly around $1.75 to $2.00 for good stock, while "clings" sold mostly at $1.15 to $1.50 per lug.

DAIRY AND POULTRY PRODUCTS:

Butter: The butter market continues to reflect lesser amounts for both government and civilian demands with demand being very much in excess of supplies. Some wholesale establishments and other dealers have limited deliveries to retailers. Retailers in turn have limited civilian sales to as little as ¼ pound per customer. This is more pronounced in the East than in the West.

In the Middle West and the Rocky Mountain areas, pasture conditions were slightly improved during the first week of the month and the decline in butterfat product was temporarily halted. Farther East and in the West conditions are not materially changed, although production was lower the past week than the preceding week and the same period a year ago.

Eggs: Wholesale prices on Grade "A" Large eggs advanced as much as 3 cents during the week. There was also a slight upward trend in the price of Mediums, but no material change in Smalls. Top prices for Grade "A" Large closed the week as follows: Los Angeles, 51 cents; San Francisco, 48½; Portland, 43½; Seattle, 45 cents.

Seasonal declines in egg production have continued. Receipts in the western markets for the past week show a drop of approximately 24 percent under those of the same week last year and about 62 percent from those of the previous week.

Poultry: Leghorn hens and other fowl were in heavy supply on all of the western markets during the week. Receipts appeared to be particularly heavy in the Northwest, with some of the stock moving into California markets. Supplies of broilers and fryers were under demand on all the markets. Fob paying prices in the south were up slightly, as much as 1 cent on young stock.

GRAIN PRODUCTS:

Rice: Southern rice has been somewhat improved by rains, but harvesting was delayed. The California crop has made good progress and good yields are expected.

Wheat: Spring wheat harvest and threshing was agin delayed by cool, wet weather in much of the belt, but most of the harvest is well advanced and about completed in the majority of the states.

Seeding of winter wheat for the 1945 crop is well under way in the west central portions of the western plains area and well into the Great Lakes area.

Western wheat markets indicated a weaker condition than a week ago, and there was reported a general tendency on the part of growers toward holding for a stronger market. No. 1 Soft White was quoted in Los Angeles and San Francisco at $2.65 per cwt., and in Portland at $2.40 per cwt., bulk basis.

LIVESTOCK AND MEATS:

Cattle: Receipts of cattle on the Western markets were heavier this past week than for the previous week. Prices increased up to 50 cents per cwt. in the South but in the Northwest there was a general drop of 25 to 50 cents. Most of the offerings on good grass fat stock moved at $9.00 to $12.50 in the Northwest, and up to $14.00 in the Southwest. Receipts of cattle on the twelve markets were up 12 percent this past week over those for the previous week.

Calves: Receipts of calves in the twelve markets show a 62 percent increase this past week, above the receipts for the same period last year and 8 percent above the week previous. In the west calf receipts are slightly up, with prices advanced as much as $1.00 on the Los Angeles market, closing the week up to $14.25.

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FOOD VIEWS in the NEWS

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OCT 24 1944
DEPARTMENT OF AGRICULTURE

A Service
For Food Editors of Western Dailies

San Francisco, California
September 9, 1944

HOLIDAY MESSAGE FROM HOME.....
GOOD LUNCH PACKS A PUNCH....
OFF THE RATION LIST...
ONIONS ARE A VICTORY FOOD SELECTION...

HOLIDAY MESSAGE FROM HOME

If you are sending any food in those Christmas packages to the boys or girls overseas, the contents should be picked and wrapped with great care so it will be sure to get there intact.

The climate is an important factor to consider. For example, soft chocolate candy won't stand tropical weather, but might be sent to cooler climates if packed in tin. Perishable foods like fresh fruit will not be accepted by the Post Office. Food in glass jars are not banned by Post Office regulations, but are discouraged because too many people do not know how to pack the containers. In some cases the boys have tried to eat the food, even though the glass around it was broken, and have received cuts and food poisoning. If glass jars are included in the package, they should be heavily wrapped in excelsior or shredded paper. Tin containers are preferred.

When selecting the contents, get the food the boys will not get G. I. That includes a number of items in the luxury class. Anchovies, olives, crabmeat, fruit juices, fancy crackers...all have been voted favorites. Fruit cakes are always popular holiday fare...they ship and last well, as for cookies, food specialists in the U. S. Department of Agriculture suggest that firm, rather soft thick cookies travel with less breakage than the thin, crisp type. Square cookies pack more compactly than round cookies. Dried fruit bars, honey, chocolate chip and spice cookies are all good travellers. Chocolate brownies will keep moist if frosted on all sides and then wrapped individually in waxed paper. Tight tin containers not only insure a safer arrival, but protect the freshness of cookies, cake, candy, nuts and other foods. Some mothers have sent fruit and fudge cakes in tin boxes and sealed the edges of the lid with adhesive tape. Their sons reported that the cakes arrived in perfect condition. Vacuum packed nuts are also recommended. That gift of food can really be a holiday message from home.

WAR FOOD ADMINISTRATION, Office of Distribution, Marketing Reports Division
821 Market Street, Room 700 San Francisco 3, California

A GOOD LUNCH PACKS A PUNCH

Since the war began, industrial output in America has increased so tremendously that Government, Management, and Labor have found it necessary to promote better working conditions. One of the new steps is that workers are being fed on the job. By March of this year, five and a half million workers were benefitting from in-plant feeding arrangements. This represents a third of the workers engaged in manufacturing jobs. Before the war less than one-fifth of the workers in manufacturing plants were getting their meals at work.

For example the General Cable Corporation at Perth Amboy, New Jersey is one of the many plants responsible for these new figures. To feed an ever increasing number of employees (the plant has grown from 1200 to 3700 workers), the management decided to switch from a cold service counter to a full-blown cafeteria.

There are three feeding sessions at noon extending from 11:30 to 1:00 P. M. The workers always have a choice of homemade soup, two meats, three vegetables, salads, combination plates, desserts and drinks. Then there is the sandwich bar for those who want to supplement lunches brought from home. Food popular in the homes of the workers, such as meat and cabbage dishes, are frequently included in the menu. The women in charge of this cafeteria believe that food can be interesting and reasonable.

Some of the mill jobs require constant attention from the workers. For those who are unable to leave their work benches to come to the cafeteria, three wagons, equipped to keep food hot and cold are provided. As much food is sold from the wagons as in the cafeteria. Women do most of the work in the cafeteria, and are enthusiastic workers because usually they have sons in the Army and want to feel they are doing a war job at home.

The General Cable Corporation does not consider its feeding program a wartime measure. It expects to continue the in-plant feeding program when the war is over because the management feels that hot, nutritious food served on the job is a definite factor in maintaining health of workers and keeping morale at high level.

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OFF THE RATION LIST

A number of processed foods go off the ration list on September 17, because of ample supplies available or in prospect, according to War Food Administrator Marvin Jones.

The items that will be ration point free include fruit spreads, jams, jellies and fruit butter of all varieties...canned vegetables including asparagus, beans, (fresh lima), corn, peas, pumpkin or squash and mixed vegetables...and related products including canned baked beans, tomato sauce, paste, pulp, puree, soups and baby foods.

Administrator Jones states that there are many factors responsible for this revision of the ration lists. "The American farmer and ranchman have done a magnificent job since the beginning of the war. Each year of this war they have set a new production record. They have worked long hours. They have been assisted during the harvest and other emergency periods by volunteer workers, part-time and otherwise from the towns and cities."

"They have not only made it possible for us to have the best-fed Army and Navy in the world, but they have supplied essential civilian quantities of food to our fighting allies."

Favorable growing weather, reserve supplies, and changing war demands make it possible to release additional foods from rationing.

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MARKET PANORAMA

LOS ANGELES

BEST FRUIT BUYS.....Cantaloup, local Brunswick figs
Bartlett pears (slightly lower - canning season on now)
IN MODERATE SUPPLY....Peaches, nectarines, plums, watermelons. Oranges and lemons (best quality at ceiling).
IN LIGHT SUPPLY.....Apples, grapes, avocados. Grapefruit (best quality at ceiling).
BEST VEGETABLE BUYS...Tomatoes (lower). Onions.
IN MODERATE SUPPLY....Cauliflower, bunched vegetables, celery, and lettuce. Snap beans (slightly higher).
IN LIGHT SUPPLY.....Peas, cucumbers, cabbage, sweet potatoes, potatoes. Summer type squash, asparagus.

SAN FRANCISCO

BEST FRUIT BUYS..... Watermelons, plums, prunes. Clingstone peaches (canning season on now).
IN MODERATE SUPPLY....Cantaloups
IN LIGHT SUPPLY.....Pears, apples
BEST VEGETABLE BUYS...Corn, onions, tomatoes (canning season on now)
IN MODERATE SUPPLY....Peas and beans (slightly higher). Broccoli, brussels sprouts, and celery (slightly lower). Cauliflower, lettuce, spinach, artichokes (slightly lower).

PORTLAND

BEST FRUIT BUYS..... Peaches (canning season in full swing - crop maturing fast, so season may be a short one). Bartlett pears (can soon). Italian prunes (can now).
IN MODERATE SUPPLY....Melons, oranges
IN LIGHT SUPPLY.....Grapefruit
BEST VEGETABLE BUYS...Tomatoes, snap beans and onions. Cucumbers, egg plant and peppers (almost a surplus supply).
IN MODERATE SUPPLY....Cauliflower and celery (lower). Corn
IN LIGHT SUPPLY.....Potatoes (ceiling).

SEATTLE

BEST FRUIT BUYS.....Apples, cantaloupes. Elberta and Hale peaches (peak movement - canning season now). Bartlett pears (very reasonable canning season now). Italian prunes (can this week). Campbells early grapes (concord type) (prices lower).
IN LIGHT SUPPLY.....Boysenberries, blueberries, early apples
BEST VEGETABLE BUYS..Celery, snap beans, spinach, tomatoes and onions (slightly lower). Beets (lowest priced). All varieties of squash, green peppers (slightly lower). Egg plant (oversupply).
IN MODERATE SUPPLY....Carrots, green corn, cauliflower, cucumbers, radishes. Green onions, new crop parsnips, sweet potatoes and yams
IN LIGHT SUPPLY..... Cabbage, brocolli, lettuce, Irish potatoes.

ONIONS ARE A VICTORY FOOD SELECTION

With onions classed as a rare article just a few short months ago, the market picture has changed. From scarcity to abundance - that's today's onion situation in the western region. Production has increased...indicated late production for the entire United States, as of August 1, is 46 percent greater than the 10-year average, and almost 51 percent greater than the 1943 crop. So, from now through October, onions will be found in abundance in the nation's vegetable stalls. The varieties on the market now will be the storable kinds, which, when kept in a cool, dry place will keep 60 days or longer.

According to the Bureau of Home Economics, fresh mature onions contain small amounts of thiamine (Vitamin B_1), ascorbic acid (Vitamin C), and riboflavin. They also contain small amounts of iron and calcium.

When you're out shopping for the "Victory Food Selection" look for the bright, clean, firm onions with dry stems. If the stem of the onion is moist, it may be a sign of decay inside.

To keep well, onions must be thoroughly dry. They should be well cured so that the neck tissue is completely dry. Put them in ventilated barrels, baskets, crates, or loosely woven bags, as good ventilation is essential.

Every available foot of commercial storage space is being utilized to accommodate the huge onion crop, but the space is still inadequate. Storage outside the regular commercial warehouses must be found, and homemakers are urged to store as many onions as possible, thus helping a situation which, if not met, may result in excessive food waste.

Now that the war has cut off many of our main supplies of other spices and seasonings, it's nice to know that onions are still available to all. And now that utility cuts of meat are more plentiful on the market than the choicer cuts, onions can stand the housewife in good stead in making utility meat cuts into real luxury dishes. Yellow onions are the most popular for general cooking uses. White and red onions are favorites for salads and sandwiches, and other foods that call for raw onions.

For those who like the flavor of onions, but not the substance, try tying some sliced onions in a cheesecloth bag. Put the bag into the stew or soup at the same time you would ordinarily add onions, and remove them before serving. For salads, extract the onion juice by scraping the cut side of an onion. Or for salad dressings, put some onion slices in the dressing as you do garlic buds, and remove before mixing with a salad.

Onion odor on the hands has discouraged many a housewife from using onions at all. But the odor will disappear if you rub either celery salt or lemon juice on your hands. Then wash off thoroughly, and the tell-tale traces of onion odor will disappear down the drain.

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PEACHES IN THE NEWS

The War Food Administration has purchased 23 carloads of surplus California clingstone peaches and shipped them to recipients in five western states. This carlot movement was in addition to 13,481 pounds of peaches which the WFA bought for school lunch and community canning groups.

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U.S. DEPARTMENT OF AGRICULTURE

Service
of Food Editors of Western Dailies
San Francisco, California

BOUNTY FOR SEPTEMBER
MORE CRIES FROM THE ONIONS
CHRISTMAS GIFTS FOR U.S. WAR PRISONERS

BOUNTY FOR SEPTEMBER

The crop report of September 1 shows that net agricultural production now seems likely to be above that of any past year except 1942...and within 2 percent of that record year.

Among crops now expected to surpass last year's production are corn, wheat, oats, peanuts and deciduous fruits and vegetables for the fresh market. As a result of dry weather and damage from drought in early August prospects for dried beans declined 10 percent during the month. Potatoes, dry peas, apples, sugar beets, rice and buckwheat were also affected by this drought, and their prospective production declined from 1 to 4 percent since the estimate of August 1.

The total prospects for fruit this season changed very little during August. Dry weather brought a slight decrease in commercial apple supplies, but this decrease was more than offset by increases in other fruits. The tonnage for the 8 major deciduous fruits, such as apples, peaches, pears, grapes, cherries, plums, prunes and apricots is expected to be over a fifth greater than 1943 production. Citrus same as 1943.

Commercial truck crops for the fresh market in 1944 will exceed the 1942 bumper year by 11 percent. New high records were set for cabbage, lettuce and onions, and tonnage for eight important vegetables for processing was up about 10 percent over 1943. These vegetables include snap beans, green peas, sweet corn, tomatoes, beets, lima beans, kraut cabbage and pimentos. While the production of sweet corn, green peas and snap beans is lower than it was last year, tomatoes were about a fifth more plentiful.

Farm flocks laid more eggs this August than in any other August in history... 42 percent more than the 10-year average. The U.S. production during the first 8 months of this year was over 44 billion eggs...nearly a half more than the 10-year average. In contrast to last year, the number of pullets not yet of laying age on farms September 1 had decreased 16 percent from a year ago, and the chickens hatched from June 1 to September 1 represents the smallest number in 4 years of record. Milk production during August was 2 percent less than August 1943.

WAR FOOD ADMINISTRATION, Office of Distribution, Marketing Reports Division
821 Market Street, Room 700, San Francisco 3, California

MORE CRIES FROM THE ONIONS

Now is the time to recommend to your readers recipes that call for onions, onions, and more onions. The late summer crop of onions now coming to market promises to exceed a billion and 7 hundred million pounds...which looks like the biggest onion production in history...52 percent greater than last year's crop.

This onion supply is not too much...it's just that there's a shortage of storage space in the western states where the acreage expansion and yield was greatest. Unless storage space can be found in the homes of consumers, a large part of this year's onion harvest may be lost.

Onions have been designated as a Victory Food Selection for the period of September 21 through October 7. The WFA designates a product as a Victory Food Selection when the supply is exceptionally heavy and must be moved rapidly into consumer channels. So during this period, encourage consumers to eat more onions, and to lay in an extra supply of 10 pounds or more.

As for using the supply, suggest to your readers that they liven up that Utility beef that's unrationed now... use onions with hamburger, stews, pot roast, meat loaf, chilli, braised meat dishes and vegetable combinations... they all are improved by the flavor of onions.

The consumer who wants to store onions at home over a period of several months should select good, fully dried onions. And they should be kept in a dry place, as humidity causes onions to rot. A pantry or attic is superior to cellar storage. Or the onions may be spread on a screen placed overhead in a garage or back porch. The temperature should be as near freezing as possible, but don't let the onions freeze. The recommended temperature is from 32 to 55 degrees. There should also be a free circulation of air around the onions...and never pack them too tightly in a closed container.

CHRISTMAS GIFTS FOR U.S. WAR PRISONERS

Christmas packages for the boys overseas are being mailed from now until October 15 to assure delivery in time for December 25. The Red Cross Prisoner-of-war packages Center in Philadelphia started its Christmas packaging in the middle of August. The Red Cross wanted to be sure that every American prisoner of war and civilian internee held by Germany would have a special Christmas gift on time. The standard food packages also go to the Orient whenever Japan permits delivery.

The Red Cross Christmas packages will bring a bit of luxury into the lives of internees...they include canned turkey, plum pudding, sausage, butter, deviled ham, cheddar cheese, bouillon cubes, tea, honey, strawberry jam, candy, mixed salted nuts, fruit bars, dates, sliced pineapple, chewing gum, playing cards, cigarettes, smoking tobacco, a pipe, wash cloth, a game, a picture for barrack walls. With few exceptions, the food contained in these packages is purchased through the War Food Administration.

Next-of-kin to a prisoner of war or civilian internee in Europe may also send a Christmas package. Every box the next-of-kin mails must have the current parcel label attached which has been issued by the office of the Provost Marshal General. These labels go out automatically every 60 days, and it is unnecessary to request them. Relatives other than the designated next-of-kin are not entitled to obtain parcel labels.

NUTRITION IN WARTIME ENGLAND

September is Nutrition Month in the United States, because war has brought home to the American people the fact that a nation's strength depends upon how food is produced, conserved and used in the fight for freedom. During September, the press, radio, magazines and clubs across the nation will deal with popular understanding of good eating habits. In England, too, ever since this war began, the British Food Ministry has carried out the idea of direct contact with the people so they will have good food advice.

The Ministry of Food has created some 50 food advice centers in different parts of England. Each of these centers is staffed with about half a dozen women who are skilled cooks, and have practical experience in wartime housekeeping.

The centers are usually opened in a shop on a busy street. People come in to get advice on how to provide nourishing meals, work out their ration points, or deal with some special difficulty. The centers give suggestions for packed lunches, children's meals and preparation of wartime dishes.

At pre-announced times during the day, demonstrations of simple wartime dishes are given and emphasis is laid on the importance of a balanced diet. The demonstrators go out to the big stores and into factories at the lunch hour, and at many British market places, the food advice booth is open every week.

The British housewives have had a difficult job, dealing with wartime food problems, so the food advice centers have been most helpful. And when a homemaker has learned a good food trick herself, she brings the idea into the center and it is shared with other women.

THE FALL FOR APPLES

Apples are found in group three of the Basic Seven Food Chart, and will account for about a fifth of the total fresh fruit supply this year. Although the apple harvest is only slightly above average, it is expected to total nearly a quarter million bushels...38 percent greater than last year's small yield.

Maybe an apple a day won't actually keep the doctor away, but apples do add to our well-being. Group three fruits make good all-around contributions to our diet. In view of their large use, apples contribute plenty of Vitamin C if eaten raw. They also give us a fair amount of iron, but when apples are cooked, they lose about one-fourth of their Vitamin C.

Apples are one of our most adaptable fruits. We use them raw, in vinegar, apple butter, apple cider, canned juice, and in sauce. As for storage, apples keep longer than most fruits at room temperature. But they'll taste better and keep longer if they are stored in a cool, moist room. A well-ventilated cellar with a dirt floor makes a good place. The temperature of the storage room should be between 35 and 40 degrees and not lower than 35 degrees. And here's something to remember...apples have a protective coating, but they tend to absorb odors from vegetables stored in the same room, so be sure and choose their storeroom company carefully.

IN THE BAG

Earth nuts, goober, monkey nuts, pinders or peanuts...it's all the same. And roasted peanuts, especially the Spanish type, and peanut butter, will continue to be plentiful during 1944.

This year's peanut crop is the largest in history...a billion and a half pounds will soon be available for processing into favorite peanut products...butter, salted and roasted nuts and peanut confections.

Nearly half of the edible commercial peanut crop is made into peanut butter. Salted peanuts are second in popularity. The small Spanish salted type will be especially plentiful on the home markets. The Virginia shelled peanuts, or the Jumbo type, will be scarce, as Uncle Sam is reserving nearly half of the crop for shipment to our armed forces overseas in the form of salted nuts. The boys at the front will also receive some salted Spanish peanuts.

Early in the war, farmers were asked to increase their peanut production because of the nation's need for vegetable oil. Peanut oil can be used to replace imported oils, mainly cocoanut oil, which came from the Dutch East Indies, the Phillippine Islands, and Malaya, and to some extent, olive oil from Europe.

MARKET PANORAMA

SEATTLE

BEST FRUIT BUYS.....Apples and peaches (lower)
IN MODERATE SUPPLY.....Cantaloupes and watermelons
IN LIGHT SUPPLY..... Oranges
BEST VEGETABLES BUYS...Beets and snap beans. Celery and tomatoes (lower)
IN MODERATE SUPPLY.... Onions (lower). Corn (higher). Peas, carrots, cauliflower, lettuce and potatoes.
IN LIGHT SUPPLY..... Cabbage

PORTLAND

BEST FRUIT BUYS..... Peaches (peak season - prices down - canning time is here). Bartlett pears (canning season from now until late Septembe September).
IN MODERATE SUPPLY.....Plums and late summer apples
BEST VEGETABLE BUYS....Snap beans, corn and cucumbers (canning season now on)
IN MODERATE SUPPLY.....Tomatoes (may be a temporary shortage)

SAN FRANCISCO

IN MODERATE SUPPLY.....Apples, oranges and watermelons. Peaches (slightly higher). Cantaloupes (lower)
BEST VEGETABLE BUYS....Corn (slightly lower). Tomatoes
IN MODERATE SUPPLY.... Snap beans and celery (slightly higher). Cauliflower (slightly lower). Peas, beets, cabbage, carrots, lettuce and onions.
IN LIGHT SUPPLY.....Potatoes

LOS ANGELES

BEST FRUIT BUYS..... Plums. Bartlett pears (slightly lower). Watermelons. Cantaloupes (lower)
IN MODERATE SUPPLY.....Brunswick figs (slightly lower). Peaches (season past its peak). Gravenstein apples, grapes, nectarines, oranges, lemons.
IN LIGHT SUPPLY..... Kadota figs (high). Grapefruit.
BEST VEGETABLE BUYS....Onions and bell peppers (lower)
IN MODERATE SUPPLY.....Tomatoes, potatoes, snap beans, and celery (slightly higher) Corn and bunched vegetables (slightly higher). Italian, white summer and yellow crookneck squash (higher). Lettuce (ceiling). Eggplant, and sweet potatoes. Peas (best quality at ceiling).
IN LIGHT SUPPLY..... Cauliflower (higher)

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U.S. DEPARTMENT OF AGRICULTURE

FOOD VIEWS in the NEWS

A [illegible]ervice
For [illegible] Editors of Western Dailies

San Francisco, California
September 23, 1944

A GLANCE INTO THE U.S. SUGAR BOWL.....
PRESENT MEAT SUPPLIES.....
SPREADING THE BUTTER THINNER.....
CORRECTION ON APPLE STORY.....

A GLANCE INTO THE U.S. SUGAR BOWL

More sugar is being used in this country than before the war. Not only are homemakers and food processors putting quite a drain on the national sugar bowl, but much sugar is being made into industrial alcohol for synthetic rubber. These demands plus smaller sugar beet crops and restricted imports, because of the war will make the stock carry-over at the end of this year smaller than at the end of 1943.

Some retail stores have reported temporary shortages of sugar and this is chiefly because U.S. distributors are behind schedule on orders as a result of labor shortages and inland car movement difficulties. Preliminary information from the War Food Administration shows that the consumption of sugar in the United States during the first eight months of 1944 was more than 450,000 tons higher than for the same period last year. This was a good crop year, so more sugar was needed for commercial and home canning. Then, during the flush season of milk production, extra sugar was granted for the manufacture of condensed milk. Also supplementary sugar was allotted to permit increased freezing of egg yolks and manufacture of eggs into commercial food products. This measure was taken when eggs were in abundant supply. Then too, more sugar was used to replace reduced supplies of corn syrup sweeteners. In addition to these food uses, 700,000 tons of sugar have been used in the form of high test molasses for the manufacture of industrial alcohol.

To meet these demands, we have beet and cane sugar from crops grown in the United States and cane sugar imports from the Caribbean area. The U. S. production of beet sugar for January through August totaled 47,000 tons. During the same period almost 750,000 tons were distributed. This meant reducing stocks of beet sugar on hand January 1 from a total of 838,000 tons to 136,000 tons on September 1. This is the lowest inventory recorded for this date since 1934.

Production of cane sugar in the United States during the first eight months was 84,000 tons and arrivals from the Caribbean area were over three and a half million tons...a total of 3,830,000 tons. But more than four million tons was distributed...so cane sugar inventories were reduced from 929,000 tons to

(more)

Continued from Page 1
545,000 tons by September 1.

With the Axis dominating such important sugar producing areas as Java and the Philippine Islands, the Caribbean area has become increasingly important as the sugar granary of the United States and our western Allies. With shipping difficulties and reduced production in some domestic areas, rationing of sugar was necessary...also international allocations.

Under the allocations procedure, the United Kingdom, Canada, Russia and other friendly nations relying on the Caribbean area for sugar continue to receive some direct from this source and some from quantities delivered first to the United States for refining.

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SPREADING THE BUTTER THINNER

U.S. civilians will get 80 out of every one-hundred pounds of butter manufactured this year. Fifteen pounds of every hundred goes to our armed forces and the remaining five out of every hundred pounds will be sent to the Russian army...chiefly for use in hospitals. The average civilian share this year will be slightly less than 12 pounds as compared with 16.7 pounds for the years between 1935 and 1939.

This year the government bought 285 million pounds of butter...the purchases last year were 464 million pounds. Not as much butter was bought this year because of some carry-over. Last year the government had no butter stocks on hand and was forced to procure butter under a set-aside order. This meant that butter manufacturers were required to reserve a certain part of each month's supply for purchase by government agencies...with set-asides highest in months of peak production.

Even with greatly reduced purchases for war uses, civilian supply for the remainder of this year will be as tight as they were during the same period in 1943. There are several reasons for this. More people are anxious to buy butter than ever before. Our supplies are being shared with our servicemen and with Russian soldiers. Milk production is now declining seasonally. And butter production is now smaller than it was in peacetime. For the first seven months of this year, butter production was 131 million pounds smaller than the first part of 1943. July production was the lowest in 22 years. And in August and September, it's expected to be 15 million pounds lower than in the same two months last year. That's why some sections of the country, expecially those farthest from the major butter producing areas in the mid-west, are now noticing limited supplies.

Smaller butter production is not the result of smaller milk production. Annual milk production is about 15 billion pounds higher than before the war. It's just that none of this increase is reflected in butter manufacture. The added supply of milk has meant more fluid milk, cheese, evaporated milk and milk powder.

Civilians are drinking between 20 and 25 percent more milk now than they were before the war. Because this increase was desirable from a nutritional standpoint, government food officials were reluctant to restrict fluid milk sales.

The dairy products most in demand for military export are whole milk powder, cheddar cheese and evaporated milk because they pack well, take relatively little space and store safely. As the number of men overseas increases military requirements increase. U. S. military forces have asked for about 75 percent more evaporated milk in 1944 than they received in 1943.

This September, butter manufacturers are reserving 20 percent of their supply for the government. But beginning October 1..and until the spring when production gets seasonally higher...all butter made will be for civilians.

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PRESENT MEAT SUPPLIES

Many homemakers are finding that the meat supply picture is a constantly changing one. A few months ago all cuts

of pork were abundant...now ham and bacon and pork loins are scarce. One reason for this is that not nearly the number of hogs are coming to market as a few months ago and not as many as a year ago. It is estimated that hog slaughter for October through December will be at least 15 percent less than for the same period last year. Also federally inspected packers are required to set-aside about a third of the pork they slaughter for military and other war agency requirements. Shoulders, hams, loins and bacon are the chief cuts being taken. As the 1944 spring pig crop begins moving to market in November there will be an improvement in supplies, but for the next few weeks the homemaker will find the choice pork pretty limited.

She will also find less lamb and mutton for family meals this year as the lamb crop is considerably under that of a year ago. However the heavy marketing season of the year is approaching and supplies of this meat will increase during the next five or six weeks.

While movement of beef cattle to market is still slow, record marketings are expected in October and early November. Most cattle have been sent directly to the packing plant from the western and southwestern range country without being finished in the feed lots of the middlewest. This means more utility and commercial grade meat even though some choice cuts come from range fed cattle. The choice cuts of beef will continue to be scarce for the next month or two at least, because 60 percent of the beef slaughtered under federal inspection and which meets army specifications..must be set-aside for war uses. This is nearly a third of our beef supply. Calf slaughter has been heavy during the summer and will continue so for the next few months. With no set-aside on veal, most of the supply is available for civilian trade.

This year beef and veal will make up about 45 percent of the total meat supply. About 51 percent of our meat will be pork, and lamb and mutton will provide the remaining 4 percent.

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RAISINS FOR THE HOLIDAYS

Homemakers can expect more raisins on the market from now on and through the holidays. The War Food Administration is offering for sale through normal trade outlets over two million pounds of raisins. Some are Thompson seedless and the balance are seeded muscats.

This supply of raisins should be welcome news to those women who bake their own holiday fruit cake. Raisins also add flavor and food value to salads, mincemeat, rice or bread puddings, and sauces for meat. They can be used to stuff the centers of baked apples for dessert. By using raisins in cookies or cake, the homemaker is tucking extra calories in the box lunch that goes to school or work.

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CORRECTION ON APPLE STORY - FOOD VIEWS SEPTEMBER 16

In the story, "The Fall For Apples", printed in the September 16 issue of Food Views in the News, the 1944 expected crop of apples was quoted as one and a quarter million bushels. The correct figure according to the September 11 crop report should read one hundred and a quarter million bushels.

Of this expected crop an estimated 3 to 4 million bushels were blown to the ground along the Atlantic seaboard by the tropical hurricane September 14. Thousands of volunteers from nearby towns have been helping the growers gather the fallen fruit, and consumers in the heavily populated eastern areas are being urged to take advantage of the temporary market surplus. Most of the apples that fell were ripe and many were bruised only slightly if at all.

The main course of the hurricane where most of the apples dropped was from southeastern Maryland directly north through New Hampshire to southern Maine.

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MARKET PANORAMA

SEATTLE

BEST FRUIT BUYS..... Apples. Watermelons (lowest prices of the season). Bartlett pears, Italian prunes (home canning now)

IN MODERATE SUPPLY..... Cantaloups. Peaches (season closing, prices higher), Washington grown Concord grapes (preserve now).

IN LIGHT SUPPLY..... California table grapes, boysenberries and blackberries. Avocados (higher).

BEST VEGETABLE BUYS..... Onions, green corn (lower prices of the season). Homegrown spinach (lower). Hubbard and Danish squash (main harvest season - much lower). Local fall lettuce (lower). Snap beans.

IN MODERATE SUPPLY..... Peppers, eggplant, cucumbers, zucchini, radishes, green onions, beets, carrots, rutabagas and parsnips.

IN LIGHT SUPPLY..... Washington potatoes (Oregon and Idaho potatoes arriving to supplement light Washington supply). Tomatoes (higher).

PORTLAND

BEST FRUIT BUYS..... Apples (Jonathans, Delicious and Winter Bananas). Pears (can now before it's too late)

IN MODERATE SUPPLY..... Peaches (most coming out of cold storage). Oranges (reasonable)

IN LIGHT SUPPLY..... Grapefruit and lemons (selling at ceiling)

BEST VEGETABLE BUY..... Onions

IN MODERATE SUPPLY..... Corn, cucumbers, celery and lettuce (slightly higher)

SAN FRANCISCO

BEST FRUIT BUYS..... Watermelons

IN MODERATE SUPPLY..... Tomatoes (canning season on now). Pears, grapes and cantaloups

IN LIGHT SUPPLY..... Peaches (season almost over). Nectarines, plums, quinces, pomegranates, persimmons, Concord grapes.

BEST VEGETABLE BUYS..... Cauliflower and onions. Corn and peppers (slightly lower

LOS ANGELES

BEST FRUIT BUYS..... Pears and clingstone peaches

IN MODERATE SUPPLY..... Local Brunswick figs (lower). Freestone peaches and plums. Italian prunes and apples and grapes (best at ceiling). Watermelons (almost end of the season). Cantaloups (slightly higher).

BEST VEGETABLE BUYS..... Onions, banana squash, eggplant and peppers.

IN MODERATE SUPPLY..... Potatoes, bunched vegetables, cauliflower and sweet potatoes. Lettuce (ceiling). Corn and squash (slightly higher).

IN LIGHT SUPPLY..... Cabbage, cucumbers and peas.

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FOOD VIEWS in the NEWS

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OCT 20 1944
U.S. DEPARTMENT OF AGRICULTURE

A Service
For Food Editors of Western Dailies

San Francisco, California
September 30, 1944

A NEW WAY FOR CHEESE WHEY
A GRADE FOR EGGS
VITAMIN VEGETABLES
FROZEN FOODS ARE GOOD BUYS

INCLUDED WITH THIS WEEK'S FOODVIEWS - FIFTEEN WAYS TO USE ONIONS

A NEW WAY FOR CHEESE WHEY

As a result of an increased demand for milk sugar for the new wonder drug... Penicillin, cheese whey has gone to war -- or rather milk sugar from the whey.

Before the war most of the cheese whey in this country had such little commercial value that factories were poorly repaid for salvaging it. A small amount was dried and used as a protein and vitamin supplement for commercial poultry feed, but most of it was returned to the farms and fed to the calves. And large quantities were wasted despite the fact that whey contains important amounts of protein, riboflavin, vitamin B_1, calcium, phosphorus, other vitamins and minerals, as well as milk sugar...or lactose.

Milk sugar made from whey became especially important when scientists discovered that the mold which produces Penicillin can be grown successfully in a culture containing milk sugar. The manufacture of penicillin is not being held up because of any shortages of milk sugar.

Cheese whey production has been mounting because of military, civilian and lend-lease requirements for cheddar cheese, and milk sugar manufacturers have installed new plants and equipment for increasing the production using whey as a raw material for milk sugar.

To encourage cheese manufacturers to salvage their whey, the War Food Administration recommended that the ceiling prices on whey products be increased. This has been done and cheese factories have found it profitable to save whey for processing.

Up until 1943 about six million pounds of milk sugar were produced per year. In 1944, production of milk sugar will total 12 to 15 million pounds...more than double the amount last year. All demands for milk sugar are now being met and allocations for its distribution have been temporarily suspended.

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WAR FOOD ADMINISTRATION, Office of Distribution, Marketing Reports Division
821 Market Street, Room 700, San Francisco 3, California

A GRADE FOR EGGS

Many of our food products are graded today because distributors and consumers want to get the quality of merchandise they pay for. When an identifying mark or label is attached to these food products, the consumer can select the quality that best suits her purpose and her purse.

Through its Dairy and Poultry Branch, the War Food Administration, is supervising the use of four standards for individual shell eggs, which the consumer will recognize as U.S. Grade AA, A, B, and C. Perhaps your readers are familiar with these classes, but do not know the quality requirements for each grade.

The U.S. Grade AA eggs are found only on a few markets, and must pass the highest requirement tests. The yolk is well-rounded and has a firm up-standing appearance because it is surrounded by a white that is clear and thick. The U.S. Grade A is available on most markets. The yolk is well-rounded and the white is clear and nearly as firm as that of Grade AA. Both of these grades provide the highest type of breakfast eggs. Grade B eggs can be used both for table and for cooking. The yolk is somewhat flattened and may have a slightly mottled appearance. The white is less firm and spreads out more than in the higher grade eggs. Grade B eggs are now particularly plentiful in many sections of the country. The Grade C egg is the lowest grade of edible egg. The yolk may be flat, and the white is very thin and watery. The best use of this grade is for general cooking purposes...it is just as suitable for this purpose as the higher grades. All grades have approximately the same food value.

Grading eliminates inedible eggs from mixed collections. Thus the homemaker is assured twelve good eggs in every dozen she buys.

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VITAMIN C VEGETABLES

More and more the Basic Seven Food Chart is being used as the daily guide for selecting the right kinds of food for better health. Only when the right amount of foods from each group are eaten daily does the body get its needed supply of energy --- of calories, protein, minerals and vitamins.

One of the beauties of the Basic Seven Chart is that it is designed to fit available food supplies. For example, group two foods are notable for vitamin C...that vitamin which among other functions holds or binds the cells of the body together. We usually think of citrus fruits and tomatoes as the headliners in this group. But there are several vegetables rich in vitamin C which might well be called to the attention of the homemaker. These vegetables will be generally available for fall and winter meals.

Brussels sprouts, broccoli, cabbage, rutabagas, cauliflower and turnips belong in this group. Sweet potatoes and white potatoes can also be relied on to help out with vitamin C because we can use them often in our daily meals. However, they're not as high in vitamin C as the cabbage and turnip families.

Vitamin C is very unstable except in acid foods, such as citrus fruits and tomatoes. Air and long cooking, in particular, hasten its destruction. So vitamin C vegetables should be prepared as close to serving time as possible. And the cooking should not be any longer than necessary to tenderize the vegetable.

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FROZEN FOODS ARE GOOD BUYS

For the next couple of months it may be difficult to find freezer storage space for the new pack of frozen fruits and vegetables unless more of the stocks now on hand are moved into trade

channels. This is due to this years increased production of frozen fruits, vegetables, meats, fish and other perishables. Also increased army stocks of perishables have limited the amount of freezer space now available throughout the country. This means that distributors are going to be moving stocks of frozen foods into the retail trade where there are frozen food counters and locker plants.

The War Food Administration estimates there are now...October 1...about 474 million pounds of frozen fruits and vegetables in storage. This is almost a fourth more than was on hand the first of October last year. Of this amount nearly two hundred and fifty million pounds are frozen fruits and one hundred and 64 million pounds are frozen vegetables.

While the total quantity of frozen fruits is greater than that for vegetables, less frozen fruits will be made available to the retail trade. Most of the frozen fruits are diverted to making jam, jellies, and preserves for the army. But those frozen fruits which are available to the homemaker are good buys from a ration point angle. Right now they are off the ration list. Among the largest frozen fruit supplies will be cherries, peaches and strawberries.

On the other hand almost all of the pack of frozen vegetables will be going to Americans at home. The homemaker will find supplies of baked beans, snap beans, peas, corn, spinach and broccoli the most plentiful. Smaller amounts of Brussels sprouts, cauliflower, lima beans will also be on the market.

A special word about those frozen baked beans...they have become an increasingly important item in retail stocks. There are large stores of this frozen vegetable now on hand. The homemaker will find them a time saver as they are already cooked. They need only be heated and are ready for serving.

As for food value of frozen foods.... experts say that vitamin losses incurred in the freezing process are relatively small.

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MERRY CHRISTMAS FROM THE BOSS

Bakers may send fruit cakes and other products of their own bakeries to employees in the armed forces, under a special relaxation of War Food Order No. 1, which otherwise prohibits any baker from giving away his cakes and cookies and all baked goods except to charitable institutions.

It restricts bakers from making more than 20 varieties of bread and 12 varieties of rolls in one week. It determines the amount of sugar and shortening in bread and requires that white bread and rolls be enriched. Also, it bars consignment selling. The order was passed to conserve food and to effect economies in the baking industry.

General permission for the Christmas exception has been granted to the entire baking industry, due to many requests and the fact that supplies of wheat and other baking ingredients are now more plentiful.

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FIFTEEN WAYS TO USE ONIONS

We know you've already heard that the onion situation is serious...and you know that onions are a Victory Food Selection in the West from September 21 through October. But the problem is getting worse instead of better - so we just have to mention it again, and we are appealing to you to "plug" onions whenever possible - there is not enough commercial storage space to accommodate the bumper crop - so if the crop is to be saved from waste, homemakers must store a few extra pounds at home.

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**********MARKET PANORAMA**********

SEATTLE

BEST FRUIT BUYS----------Apples. Washington Concord grapes, pears, prunes
IN MODERATE SUPPLY---------Cantaloups (season near end). Tokay grapes, honeydew and casaba melons
IN LIGHT SUPPLY----------Crabapples and Washington cranberries (just arriving). Avocados (higher). Lemons (ceiling). Peaches (cold storage stock)
BEST VEGETABLE BUYS------- Onions, green corn, celery (prices lowest of season). Eggplant, mustard greens
IN MODERATE SUPPLY---------Snap beans (slightly higher). Cabbage, carrots, lettuce, spinach, squash and tomatoes. Sweet potatoes (lower). Bunched vegetables and potatoes
IN LIGHT SUPPLY----------Artichokes and Brussels sprouts (just arriving - high). Cauliflower (higher)
AVAILABLE FOR CANNING------Washington Concords, pears and prunes

PORTLAND

BEST FRUIT BUYS----------Pears and Italian prunes
IN MODERATE SUPPLY---------Cantaloups and watermelons
IN LIGHT SUPPLY----------Concord grapes (beginning to arrive). Avocados
BEST VEGETABLE BUYS--------Onions, local beets, and corn
IN MODERATE SUPPLY---------Spinach, parsnips, cauliflower. Bunched vegetables, lettuce and cabbage
IN LIGHT SUPPLY----------Tomatoes (higher). Artichokes
AVAILABLE FOR CANNING------Pears and Italian prunes

SAN FRANCISCO

BEST FRUIT BUY----------Watermelons (season ending soon)
IN MODERATE SUPPLY---------Cantaloups (slightly lower). Apples (best near ceiling). Pears
IN LIGHT SUPPLY----------Peaches. Avocados (higher)
BEST VEGETABLE BUYS--------Onions, peppers, eggplant and tomatoes
IN MODERATE SUPPLY---------Snap beans, cauliflower, peas and cabbage
AVAILABLE FOR CANNING------Watermelon rinds for pickles and tomatoes

LOS ANGELES

BEST FRUIT BUY----------Pears
IN MODERATE SUPPLY-------- Apples, late peaches, plums, cantaloups, grapes, citrus
IN LIGHT SUPPLY----------Figs, watermelons and avocados (higher)
BEST VEGETABLE BUYS---------Onions, sweet potatoes and eggplant
IN MODERATE SUPPLY---------Bunched vegetables, cauliflower and corn (higher). Celery (lower). Potatoes (ceiling). Tomatoes
IN LIGHT SUPPLY----------Lettuce, carrots and cucumbers (best at ceiling). Snap beans (higher). Mushrooms (lower)
AVAILABLE FOR CANNING------Pears